February is National Heart Health Month

Learn Adult CPR and AED

Free Certified CPR and AED Course

If a cardiac arrest happened to your loved one or a close friend, would you know how to perform cardiopulmonary resuscitation (CPR) or how to use a automated external defibrillator (AED)?

CPR and AED combined could increase a victim's chance of survival. In celebration of National Heart Month, February 2006, the Norfolk Department of Public Health is offering a *"free"* Certified CPR and AED course to the *first 14 Norfolk citizens or employees* who call to register.

The *"free"* course will be offered at the Norfolk Department of Public Health, 830 Southampton Ave., Norfolk, VA 23510 on February 15, 2006, 3rd floor, classroom A/D from 8:30 am – 12:00 noon.

For more information or to register, please call 683-2301 today!